

THE WASHINGTON TIMES DAILY MAGAZINE PAGE

Three Tests Applied To Individual Prove Him 'Worthy or Unworthy'

The World Is Full of Folks Who Bear Trials Patiently and Live Honest, Kindly, Fairly Happy Lives.

By WINIFRED BLACK.

THIS world is full of men and women, boys and girls, and folks—just plain folks. I'm only just beginning to find it out. First it was all boys and girls with me.

Girls were nice, comfortable, companionable creatures, who liked to read the same books I did and talk about the same things and sing the same songs and tie the same color of hair ribbons in the same kind of bows.

Boys were great big horrid things, always fighting and yelling and throwing their caps on the floor and eating all the doughnuts before I got a chance to get to the pantry.

Then there were men, strange, mysterious, alluring, complex creatures, who lived in a different world from me. They wore tweed coats and smoked briar pipes and went hunting and liked to catch fish and tell stories about them.

Big and rather stupid some of them were, but put the stupidest one of them in a canoe by moonlight with the madrone trees in full blossom in the month of May and you really had to admit that there was something oddly interesting and almost weirdly fascinating about him.

Never mind if he did smell of tobacco—that was part of the lure. What if he did whiff of whisky? You could always shut your eyes and pretend about it. And when he didn't talk it wasn't because he was stupid, but because he was "deep." And if he did talk without saying very much of importance, why that was because you didn't "understand."

How could you—when he was a man and you were, oh, glorious and inspiring thought, a woman!

A Man! Whose Man?

What did he mean by that strange look he gave you when the conductor asked for carfare? How strangely his hand trembled when he folded up the evening paper and sat down beside you in the train!

What letter was that you saw him put in his pocket? Who wrote it—bold thing that was—and how did he like it when he read it?

A man! Whose man? That was the all important, all encompassing question. Women! What queer creatures they were—the other women!

Brunettes were all right so long as there was no man about, but when a man and you never could count on them for a minute.

Blondes were good friends, they could keep a secret all right, but they were inclined to be satirical and make fun of

your romantic ideas. Red-haired women you couldn't count on at all, ever.

Except yourself, of course—you were different.

But in the main women were dear, sweet, gentle, kindly, good creatures who were always doable and not treated as they should be, and you must league yourself with them against the man.

Not any particular man, though—there was, of course, always an exception.

But now I have found that, besides men and women and boys and girls, the world is full of just folks.

Folks who are men, but folks just the same: women who are women, but folks quite as well.

If it is the old-fashioned phrase, "men-folks" and "women-folks." There's something natural and human and wholesome and sane about it, isn't there?

See those men walking along there in the street? To the girl who sees them from the car they are just grown-up men, and, as such, to be sedulously avoided. To the woman who is still in the choosy-partners stage of development they are men—every one of them a possible cause for misery or bliss.

To me, thank goodness, they're just folks.

That man with the flashing dark eyes and the cynical smile? I know he isn't worrying about a thing more romantic than what on earth to do when the landlord comes around and complains about the dent in the wall that his office boy will persist in making. The pale, romantic youth who walks with him is just a pining away with unrequited love. He played Kelly pool too late last night and wishes he hadn't, that's all.

The plump person in the derby hat that looks too small for him may be on the verge of eloping with his employer's wife, or he may be just a worried man who is looking for a job.

How much more interesting life is when we come to the "folks." I used to know a doctor who said it always did him good to have cheap cynicisms to him, as they always were saying: "You must see a great deal of human nature."

My doctor friend always answered them: "Yes, thank heaven, I do."

For, like most physicians I have ever known, always said there was nothing in the world so fine, after all as human nature.

That's the way I feel about folks. The meager and usually the little anxieties, the more unromantic and less interesting the trials, the more I think of the folks who bear them patiently and uncomplainingly and live, the most of them, after all, decent, honest, kindly, uncomplaining, fairly happy lives.

I'm glad I'm one of the "folks." Aren't you?

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GOLDEN DREAMS



By Will Nies

Heart Flutters Are Not Necessarily Iniquitous Nor Signs of Danger

By DR. LEONARD KEENE HIRSHBERG.

WHAT did the classical writers mean by "fluttering" hearts? The blushing maid or matron was very well understood to be excited and all agog, but if she was as full of health and vitality as the descriptions of some authors would have us believe, her heart was not at all "wobbly." Hearts need not be bowed down, dangerously sick, nor excited to the extent that they actually flutter.

The heart is like a house with a small attic, in which are the large veins—the pulmonary and the vena cava. The two bed rooms of the upper story are called the auricles, and the "first floor front" is the right ventricle and the "first floor back" the left ventricle. The whole house, including the partitions between the four chambers, is made of thick muscle, with portieres in the valves or exits of the heart, or in the large artery called the aorta. Happily, most heart diseases are not the iniquitous visitations which many people imagine. Many of us have heart disorders without a knowledge of it. Others of us know it and appreciate that discretion and temperance in living will prolong our days.

It is wise to be beforehand with a doctor's hospital examination, and learn whether or not you have any disturbance of the "first floor front," the "second story back," the portieres or "valves" of the heart or its tough muscles.

Aliments of the "mitral" valve of the

heart affect the curtains resembling the Pope's mitre, which lie between the auricle and the ventricle, and aortic valve diseases are relatively common after forty. Irregular motions of the heart muscles, called "a flutter," however, are rare.

Heart "flutters," like valvular diseases of this structure, may arise from contagious and infectious maladies of infancy and childhood. When examined and the discovery is made, many are astonished to be told that some heart distempers hark back to childhood's unhappy hours, when joint fever, scarlet fever, diphtheria, tetanus and similar abominations sat unpleasantly upon the youngster's brow.

While these causes explain all sorts of heart ailments, heart "flutters" are not necessarily signs of danger, or to one auricle or bed chamber, or to the "front porch"—the ventricle of the heart—is not always so easily accounted for. When the "flutter" occurs at such rare intervals that the person who has it becomes aware of it without fear, worry or excitement, and a physical search with an electrocardiogram device, stethoscope or other instruments, the trouble may be due to irregular twitches of deep, worry, emotional overflow and excessive loss from certain glands are controlled; if food, exercise and habits are readjusted, then true heart "flutters" unaccompanied with "valvular" injuries, may disappear for good and all.

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How To Dry Clean at Home

By ANN MARIE LLOYD.

FEW women can afford to discard a garment because it is too soiled to wear. Yet repeated visits to the professional dry cleaner's will soon equal their original price in the cost of cleaning. There are few garments that cannot be successfully cleaned at home.

When there are several daughters in the family who have dance frocks, slippers, gloves, and other dainty accessories dear to the feminine heart to be kept spotless, a knowledge of the simple method of home cleaning will prove invaluable.

But before I proceed further I want to caution you about the danger of using gasoline in connection with heat. When gasoline is the cleaning medium all garments must be out of doors, on a back porch or in a room where there is no heat or light. All doors leading to other parts of the house must be closed, and these precautions for fire safety are not the slightest danger in the use of gasoline.

Before an article to be cleaned, with the exception of gloves or slippers,

by removing all dust and grease. A good brushing will usually remove dust, and a good shaking will remove lint.

Next, wash the garment in a solution of soap and water. A hot iron will remove the grease. Lay the garment flat on a table, sprinkle it with salt, and using a piece of clean, white linen folded into a pad, rub the salt well into the fabric. Rub the goods only one way that is, with the nap, using long, even strokes.

When every inch of the surface has been cleaned with the salt remove it with a stiff brush. If the hem or any other part of the garment still shows signs of dirt, repeat the process. Lay the garment flat on a table, sprinkle it with salt, and using a piece of clean, white linen folded into a pad, rub the salt well into the fabric. Rub the goods only one way that is, with the nap, using long, even strokes.

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